

**ABSTRACT**

The present invention relates to an optical recording method for recording data on an optical disc by using a laser beam. When the optical disc is inserted into an optical recording device (step S1), a test writing area PCA (Power Calibration Area) that can be used for an OPC (Optimum Power Calibration) on the optical disc is searched and an optical pickup is allowed to stand by at that position (step S4). Then, when an input of a recording operation of data is received (step S6), an OPC operation is carried out at the stand-by position (step S7). After an optimum power is obtained, the optical pickup is moved to a data recording area on the optical disc (step S10) to record the data in the data recording area of the optical disc by the optical pickup (step S11).